



## SCREEN-FREE CHALLENGE 2025

Dear Students,

I want to challenge you to be screen-free this summer. I hope you read, play outside, create, run, play and enjoy “real life”, not a virtual one. This chart will help you recognize how many days you make the screen-free choice. This means a full day (24 hours) of no iPhones, iPads, computers or video games. Seeing a movie or television show will not count against you if it is within a 2 hour limit. If you exceed the 2 hours then the day does not count as screen-free. **Highlight** the **days you were screen-free** and calculate your grand total at the end of summer. Due to teachers the first day of school (**awards for 70+ screen-free days only**)!

Sincerely,

Jessica Gombert

Grammar School Headmaster

MAY / JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

JUNE / JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17						

Screen-Free Days

Grand Total

(85 Possible Days)

Student \_\_\_\_\_

Grade for 2025-2026: \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Due to Teachers: August 18, 2025